

Happy Holidays!

We wish you a happy holiday season! It has been a challenging year for so many, and we are proud of our HAPI communities for taking care of one another and participating in health-focused events and activities. We look forward to a happy and healthy 2022!

PROTECTION FROM THE FLU

National Influenza (Flu) Vaccination Week is December 5-11. Have you received your flu shot yet? The CDC (Centers for Disease Control) recommends everyone six months and older get a flu vaccine every season.

Here are tips to keep us all safe during flu season:

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes. Use a tissue to cover your nose and mouth when you cough or sneeze, and throw it in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses such as the flu.
- Stay home for at least 24 hours after a fever from the flu is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different.
- Take flu antiviral drugs if your doctor prescribes them to you.
- More info: www.cdc.gov/flu

HAPI meals

Apple Cinnamon Bars

Ingredients

4 apples (medium, peeled or unpeeled) or 16 ounces of applesauce or canned apples
 1 cup flour
 1/4 teaspoon salt
 1/2 teaspoon baking soda
 1/2 teaspoon cinnamon
 1 cup brown sugar
 1 cup oats (uncooked)
 1 cup shortening

Instructions

- Preheat the oven to 350 degrees.
- Stir together the flour, salt, baking soda, cinnamon, brown sugar, and oats in a mixing bowl.
- Add the shortening to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
- Lightly grease the bottom and sides of a baking dish with a little bit of shortening.
- Spread half of the crumb mixture in the greased baking dish.
- Remove the core from the apples and slice them. Put the apple slices into the baking dish.
- Top the apples with the rest of the crumb mixture.
- Bake in the oven for 40-45 minutes.
- Cut into squares and enjoy.

Recipe from www.myplate.gov

wise words

"It's not how much we give but how much love we put into giving."

—MOTHER TERESA

inside Village Green

November brought fun holidays and activities to Village Green! From pumpkin painting and a helping hands activity to discussions about actions to help the community, it was a great month full of colorful projects!

A special thanks to our diabetes educator, who came out and spoke to our residents for Diabetes Awareness Month. We look forward to continuing our ESL classes into December.

En Noviembre observamos divertidas celebraciones y actividades en Village Green. Desde pintar calabazas y una actividad de acciones de ayuda en la comunidad, ¡fue un gran mes lleno de proyectos coloridos!

Un agradecimiento especial a nuestra educadora en diabetes que habló con nuestros residentes para el Mes de Concientización sobre la Diabetes. Esperamos continuar nuestras clases de inglés en diciembre.

For this month of December, we look forward to Toys for Tots toy distribution in the community for families that pre-register! Make sure to talk to your Resident Services Coordinator, Valeria Cuevas, if you would like to register your kids for toys. We also invite families to register with Cheer All Year with Rick Lozano and Fox 11 News, which will provide \$35 gift cards for selected families. We look forward to having kids and adults join us for holiday arts and crafts activities at the resident center!

¡Para este mes de diciembre, esperamos la distribución de juguetes de Toys for Tots en la comunidad para familias preinscritas! Favor de buscar a nuestra Coordinadora de Actividades para Residents, Valeria Cuevas, si quieren inscribir a sus hijos. También invitamos a las familias para que se registren en Cheer All Year con Rick Lozano y las Noticias de Fox 11, quienes entregarán tarjetas de regalo de \$ 35 para familias seleccionadas. Esperamos ver tanto niños como adultos participar en nuestras actividades de manualidades para las fiestas en el centro para residentes.



FROM PRS

Let's keep the holiday spirit going! We will wrap gifts together and decorate ornaments this month. We hope to see new faces joining us at the activity center. Make sure to look through your monthly calendar of activities for schedule details.



¡Mantengamos vivo el espíritu navideño! Envolveremos regalos juntos y decoraremos adornos este mes! Esperamos ver caras nuevas en el centro de actividades. Asegúrese de revisar su calendario mensual de actividades para conocer los horarios y detalles del programa.